

QUAD SET - TOWEL UNDER KNEE



Tighten your top thigh muscle as you attempt to press the back of your knee downward towards the table.

Repeat 10 Times
Hold 3 Seconds
Complete 2 Sets
Perform 2 Times a Day

Patellar Mobilization



Relax the knee cap and gently move the knee cap (painlessly) by gliding the bone up/down and left/right.

Repeat 20 Times
Complete 3 Sets
Perform 2 Times a Day

HIP ABDUCTION - SUPINE



This exercise should be done with your brace on if you were prescribed on at surgery. While lying on your back, slowly bring your leg out to the side. Keep your knee straight the entire time.

Video # VVVW9DCCW

Repeat 10 Times
Hold 3 Seconds
Complete 2 Sets
Perform 2 Times a Day

HIP ABDUCTION - SIDELYING

This exercise should be done with your brace on if you were prescribed on at surgery. While lying on your side, slowly raise up your top leg towards the sky. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body.



The bottom leg can be bent to stabilize your body.

Video # VV4R4FB65

Repeat	10 Times
Hold	3 Seconds
Complete	2 Sets
Perform	2 Times a Day

Straight Leg Raise WITH TOWEL

This exercise should be done with your brace on if you were prescribed on at surgery. While lying down on your back, hook a towel or belt/strap under your foot and draw up your leg until a stretch is felt along the backside of your leg.



Keep your knee in a straightened position during the stretch.

Slowly lower your leg back to the bed

Video # VVQGB3WMY

Repeat	10 Times
Hold	3 Seconds
Complete	2 Sets
Perform	2 Times a Day
